The Lions' Pride

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Building Bridges: Islam and the Catholic Church

By Jacob Gates
Contributing Writer

Photo from Wikimedia Commons

The *Nostra aetate* means "In our time" and was passed with a vote of 2,221 to 88 of the assembled Catholic bishops when the declaration was originally put forth in 1965 by Pope Paul VI.

The Catholic Church and Christianity as a whole has had a complicated and unique relationship with Islam since its inception. In recent years, with concerns for Islamic extremism on the rise, it seemed fitting for Saint Leo University to have a speaker that can explain the nuances of Islam and clarify any misunderstandings students may have about the faith.

Dr. Gabriel Said Reynolds, an expert on the Koran who teaches at Notre Dame University, spoke at St. Leo University on Nov. 4th, and gave an invigorating and fascinating presentation on Islam. Prior to his talk, the event was invocated by Abbot Isaac, leader and chief spiritual advisor at St. Leo Monastery.

The Abbot said that "we are all on the same journey… That there can be no peace without prayer."

Then Dr. Matt Tapie, who helped organize the event, spoke and explained the significance of *Nostra Aetate,* a document released by the Catholic Church explaining its relationship to other faiths. The document has just passed its fifty year anniversary (it was originally put into effect on Oct. 28th 1965), and Dr. Tapie made it clear that the document is relevant now more than ever.

Dr. Reynolds showed himself to be an incredibly affable man, one whose personality serves to complement his immense knowledge of Islam. He communicated how thankful he was for the opportunity to speak at St. Leo University, and that the talk would be split into six parts.

Reynolds first posed the question "Is Islam a religion like any other?"

Dr. Reynolds presents the fact that Islam is the only major World Religion to develop after Christianity, and the only major religion to directly address Christianity, and the importance of Jesus. The Koran even gives specific instructions on how Muslims are to treat Christians, and offers its own interpretation of who Jesus really is. In Islam, Jesus is considered a great figure, a normal man, a servant of God, and one of many prophets in the Koran.

The second part of Reynolds' discussion talked about the God of the Koran, and what makes him unique. Dr. Reynolds talked about the oneness of God, and the importance in Islam of choosing how one talks about God. According to Dr. Reynolds, Islam emphasizes that even the name of God is holy, that a Muslim must never blaspheme or demean the name of God or the Prophet.

Dr. Reynolds then talked about "the problem of Shirk"; "Shirk" is considered the only unforgivable sin in Islam, it is literally the sin of "ascribing partners to Allah". Shirk provides a challenge for Christianity because in certain circles of Islam, the Trinity is seen as a violation of Shirk. But there are other similar commandments against Idolatry in Christianity and Judaism.

Dr. Reynolds then shifted his focus onto the prophet Muhammad, and his importance and significance in Islam. He likened the relationship between Muslims and Muhammad, to the "what would Jesus do?" plastic bands that were popular a number of years ago. In Islam, Muslims are encouraged to imitate Muhammad in everything that they do, that Muhammad's life is considered exactly how a human's life should be led on Earth to honor God. Muhammad is considered to be the Last and greatest prophet of God. Muhammad's revelations were considered so pure and special, that his life and his work as written in the Koran, are the immutable word of God.

The next section that Reynolds devotes his talk to is Islamic Law, otherwise known as "Sha'ria". Much like how Muslims view Muhammad as a perfect example of a Godly man, they in turn view the Koran as the perfect example of every aspect of life, including how to govern. Certain Islamic nations have left behind some of the more problematic aspects of old Sha'ria Law, the aspects developed through tradition instead of through the Koran, such as the treatment of non-Muslims (a non-Muslim may not live above a Muslim person, for example, etc.).

Certain Extremist groups use Sha'ria law as a reason to enforce brutal laws on others. This misuse leads to the fifth part of Dr. Reynolds' talk, a breakdown on the motives of the Islamic State and their justifications. The Islamic State of Iraq and the Levant (ISIL) are an example of extremism in Islam, they use brutality as a method of instilling fear, and they extort the belief that brutality is inherent to "true" Islam. ISIL's main belief is that all other Islamic nations have gone astray from the Koran, and that all other nations are abominations in the eyes of Allah. But the ultimate goal for ISIL is to bring about the "ultimate confrontation" between Islam and the West, the Islamic Apocalypse. Even ISIL's official magazine is named "Dabiq," named after a small village in eastern Syria, which is said to be the site of the final battle of good and evil.

The sixth and final part of Dr. Reynold's talk discussed the relationship between the Church and Islam. Reynolds' speaks about how in *Nostra Aetate* the Church points out the commonalities between Christianity and Islam. Muslims and Christians both follow the same God, are commanded to be obedient to "inscrutable teachings" (praying five times a day), and that both religions are inherently monotheistic. Dr. Reynolds says that it is important that we promote dialogue between the two countries, not try and drive a wedge between them by becoming polemic in the way we teach the faith.

Dr. Gabriel Said Reynolds offered a deep and beautiful understanding of Islam and Koran (all while speaking flawless Arabic), and showed that theologically, Islam has more in common with Christianity than it has apart from it.

Dear Dr. Arthur F. Kirk,

We at The Lions' Pride have you in our thoughts and prayers. Rest and be well fellow lion.

National News

The Problem with New Mortgage Rules

By Erin Gaylord
Online Editor

The mortgage loan process has been time consuming and unclear for years. As of October 3, the process has changed to make borrowers better understand what they're conditions are, and to make the lenders more transparent to the borrower.

"It's all about transparency when you're doing these kinds of thing so that everyone clearly understands what it is so that there's nothing hidden in fine print," said Dr. Barbara Caldwell, Department Chair of Accounting, Finance, and Economics. She went on to say, "the terms of the mortgage should be very clear."

Instead of the four old forms--the Good Faith Estimate, the Truth-in-lending disclosure, the HUD-1 Settlement Statement, and the second Truth-in-lending form given right before closing--there will now be two forms called the Loan Estimate and the Closing Disclosure. These two forms will provide the borrower with the costs out in the open to make it easier to compare loans before choosing which lender they want to go through.

"I believe that the intent is to make it easier for borrowers to understand what they're getting into," Caldwell said, "the lenders should view it as a positive thing as well because the process is simplified, the forms are simplified."

The lenders are responsible for providing the Loan Estimate within three days from the time the borrowers apply. The Loan Estimate includes information about interest rates and the offered terms of the loan. The buyers are then allotted seven days to decide.

The Closing Disclosure is given to the consumer at least three days before closing. This form includes closing costs, the chosen monthly payment bases on the amount of years the buyer wants to choose, and other information such as the cash amount to close.

The new set of rules is called "Know Before You Owe," and it is intended to help make the process easier for borrowers. It is supposed to make it less time consuming, and clearer for the borrower to know what they are going to be expected to pay.

"I think it's a good idea. I think it's something that needed to be done," said Caldwell, "I don't see anything negative coming out of this from the buyer's side."

These new rules were made by Consumer Financial Protection Bureau, (CFPB). According to CFPB, their mortgage initiative is "designed to help consumers understand their load options, shop the mortgage that's best for them, and avoid costly surprises at the closing table."

Before releasing the new forms, the CFPB did a study to make sure they were indeed easier for potential buyers to understand. The study was successful and showed that the forms did indeed make the process easier to manage.

"Participants provided more correct answers about a sample mortgage using the new forms than they did using the previous forms," according to CFPD. For more information go, to their website, Consumerfinance.gov.

Photo From Twitter @impacmortgage

The"Know Before You Owe" rules make the process more clear for the buyer and more time efficient overall.

Check us out online at www.pride-online.net

Scot Hamilton Profile

Photo From Wikimedia Commons

Before becoming an assistant professor of psychology at the University's Savannah Learning Center, Scot Hamilton went from working in a coal mine in Scotland to earning a Ph.D from Georgetown University.

LRC's New Location

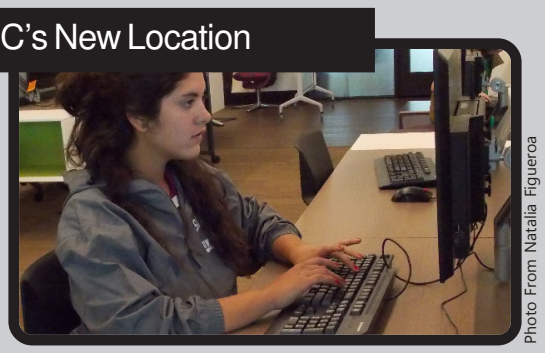

Photo From Natalia Figueroa

Ever wondered where the Learning Resource Center was or what people think of the LRC's study environment is like? The LRC is now located in Kirk Hall, and the move has had its pros and cons.

Processed Meat Health Risk

Photo From Twitter @Boars_Head

Scientists from the World Health Organization have labeled processed and red meats to be a cause some cancers.

Newsroom

(352) 588-8316
Student Activities Building, Office 106
33701 State Road 52 Saint Leo, FL 33574

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Campus News

Leaders in the Industry Webinar

By Grant Schrantz
Contributing Writer

On Nov. 5, 2015, the University presented a webinar that was hosted by Jason Linkes, namesake of the professional speaking organization "Jason Linkes Speaking." Mr. Linkes also happens to be a Saint Leo University Alumni.

The webinar was focused on the subject of mastering job interviewing skills and self promotion. Linkes is currently the Vice President of the Pittsburgh Chapter of the Institute of Scrap Recycling Industries, as well as the Co-Chairman of the Communications of the Saint Leo University Alumni Association Board of Directors. His presentation, entitled "Leaders in the Industry," was an hour long talk on various interviewing skills that one can use to get ahead of the game when it comes to landing the career they're after. This becomes especially useful with the current job economy, which pits graduates against the rest of the working world in the search for employment.

"When I graduated from Saint Leo in 1999 I was competing against other graduates for jobs, not forty-year-olds like you all [current students] have to now," Jason Linkes said, as he explained his background to the listeners.

A brief look into the history of Linkes shows an ardent passion for performing to the best of his ability in whatever he does. While at Saint Leo, Linkes was a member of the baseball team, a role in which he performed phenomenally, eventually earning an induction into the Saint Leo University Athletic Hall of Fame. His ensuing journey into the working world was an arduous, but worthwhile one.

> "She told me that I wasn't selling my resume the right way. That I completely shied away from the fact that I played baseball."

After he graduated, Linkes plunged head first into the professional world, taking interview after interview. But after he didn't land a job right away, he wondered what was going wrong. He explained how he would go in, think he did well in the interview, but then figure out that the employer had decided on another candidate for the job. In this state of confusion Linkes decided to get some advice to overcome this problem. He went over to a recruiter from a job placement agency.

"She told me that I wasn't selling my resume the right way. That I completely shied away from the fact that I played baseball," Jason said.

So he tailored his resume to fit that experience and got a job in sales shortly afterwards. The career path that followed would lead him to work for companies such as Simplex Time Recorder, ESPN Cadbury Adams, and AMG Resources. The experience he garnered in these environments became the curriculum for his presentations with Jason Linkes Speaking.

"If you don't know how to dress, overdress," Linkes said on the subject of the on-site job interview. This tip was one of many shared to help young graduates compete for jobs in today's economy.

"Make sure you know the company, the person you're meeting, the location and time of the interview, the position you're applying for and what is required of it when you walk in," Linkes said, citing humorous and surprising incidents of people walking into job interviews in sandals, or t-shirts, or with their mothers.

"And whenever you can, leave the salary block blank," said Linkes.

He claims that this way one can get their foot in the door to a good job rather than getting hung up on negotiating salary with the hiring manager.

"It's generally not the hiring manager who decides the salary anyways. It's HR. You can save the salary negotiation for once you have the job," Linkes stated.

For more information on Jason Linkes Speaking you can go to his website: www.jasonlinkes-speaking.com.

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National News

Domestic Violence Awareness Month is a Call for Action

By Cassidy Whitaker
Political Columnist

The month of October calls for the recognition of the horrific issue of domestic violence in the United States. It is a time to consider and reflect on the countless women, children, and even men that have fallen victim to this devastating issue. Additionally, it is a time to work harder than ever toward the combating of this senseless crime.

Domestic Violence Awareness Month, also referred to as "DVAM" came about from the "Day of Unity" in October of 1981 and was created by the National Coalition Against Domestic Violence. The goal was to unite advocates committed to ending domestic violence against women and children all across the United States.

The "Day of Unity" eventually went on to become a weeklong period of recognition of the issue through local, state, and national-level activities. Such activities differed quite significantly in nature; however, their common primary themes across the nation included mourning the deaths of those who have lost their lives to domestic violence, celebrating the victims that have survived, as well as uniting those who work tirelessly to end domestic violence, according to the National Resource Center on Domestic Violence.

According to the National Coalition Against Domestic Violence (NCADV), a woman is assaulted or beaten every 9 seconds in the United States. Similarly, on average, nearly 20 people per about every minute are physically abused by their sexual or romantic partner.

It is important to note that women are not the only sex that experience domestic violence, though. While 1 in 5 women have been victims of what the NCADV deems "severe physical violence" also by a sexual/romantic partner at some point in their lifetime, 1 in 7 men have as well. Men are victims of almost 3 million physical assaults in the United States, according to the domestic violence agency Safe Horizon.

With how severely domestic violence affects women and men, it is often easy to forget and even be virtually unaware of how it also detrimentally affects children. Also according to Safe Horizon, more than 60% of domestic violence occurrences happen at home. More than 3 million children witness acts of domestic violence in their homes each year. Children in homes that experience this issue suffer from abuse and/or neglect at rates between 30 and 60%. Children who are often exposed to acts of domestic violence at home are more likely to suffer from health problems such as becoming sick more frequently, getting headaches or stomachaches often, and being more tired and sluggish than other children. Children are also more likely to intervene when witnessing acts of violence against a parent, which therefore can place them at high risk of injury or possibly even death.

Picture From Wikimedia Commons

Teal or purple ribbons are often used to support Domestic Violence Awareness.

If ever you come into contact with an issue of domestic violence whether affecting you personally or someone you know, immediately contact the National Domestic Violence Toll-Free Hotline at 1-800-787-3224. You can also follow them on Twitter for updates; their handle is @NDVH. On average, more than 20,000 phone calls are made to domestic violence hotlines each day; so, if you are being affected by this issue, do not hesitate to call for advice and help if need be. Additionally, there is another popular domestic violence hotline that is provided by the U.S. Department of Health and Human Services. The number is 1-800-799-SAFE (1-800-799-7233).

Aside from contacting the hotlines, other forms of help provided by domestic violence agencies include emotional support, safety planning, a safe place to stay in case of an emergency situation, legal assistance, and help with housing. Also, cost of seeking help is not something victims need to worry about. Due to the implementation of the Affordable Care Act (Obamacare), health insurance plans now must provide coverage for screening and counseling for issues of domestic and any relational violence for all women. Depending on insurance plans, it may be possible to receive totally free screening and counseling if this issue affects you.

According to the NCADV, being victimized by domestic violence parallels with a substantial rate of depression and suicidal thoughts and behaviors, which is why it is vital to seek counseling following encounters with this issue. If you think that your partner is repressive and abusive and that

Picture From Wikimedia Commons

Domestic violence usually is contained within a individual's home or their personal relationships. Despite this, tips to prevent domestic violence can also be used to prevent other kinds of abuse.

National News

you are experiencing threats and/or acts of domestic violence, the most important things to do according to the U.S. Department of Health and Human Services include: first and foremost trusting your gut because if something about your relationship seems off, you are probably right, learning the warning signs of people who might become controlling or abusive, and getting help by talking to experts in relationship violence. The worst possible thing to do is to wait to seek help, as violence within relationships typically only gets worse as time goes on.

Additional steps to take action to protect yourself when you believe you may be experiencing threats and/ or acts of domestic violence include making a specific plan to stay safe (whether it be to get out of the relationship or to stay) and protecting yourself online by being mindful of the things you search and virtually "covering your tracks" (your search history and general online activity) if need be.

The absolute most important step to take following an attack of domestic abuse is to seek counseling services. Too often, victims attempt to deal with the effects of this horrific crime on their own. They think that time will eventually heal them physically and mentally, so they just wait it out and deal with it internally on their own. This is one of the worst and most detrimental things that can be done for mental health. It is crucial that victims of this heinous crime seek counseling to talk through their experience in order to begin the recovery process. There is no shame in talking to someone because if your partner physically harms you, it is undoubtedly not your fault.

Domestic violence doesn't simply affect physical health and well-being by the injuries it causes. The stress induced by relationship violence can also lead to very serious physical and mental problems such as eating disorders, depression, anxiety, panic attacks, trouble sleeping, thoughts of suicide, PTSD, trust issues, the inability to form relationships, and alcohol and drug abuse.

Domestic violence also impacts its victims' economically. According to the NCADV, between 21 and 60% of victims of domestic violence lose their jobs due to the aftermath of the abuse they suffer from following their attacks. Additionally, victims of relationship violence lose a collective total of 8 million days of paid work each year.

"Saint Leo University Counseling Services is a confidential counseling center that is accessed by more and more students each year," said Saint Leo University Prevention Counselor Tiffany Nelson. "During this past school year, 332 Saint Leo students utilized Counseling Services for issues such as anxiety, depression, substance use, and, relationship difficulties; the top four most common issues students come in for.".

Picture Courtesy of Craig Graves

Some of the best advice about preventing domestic violence or getting out of an abusive relationship is to seek help from trusted sources or help hotlines. Reaching out for help could save a life.

"If you have experienced intimate partner violence, or are concerned you may be in an unhealthy relationship, Counseling Services would be glad to talk with you to help you figure out your next steps. We are located in DeChantal Hall, Suite 121. Students can make an appointment by stopping by, calling 352-588-8199, or emailing Machele Nutt at machele.nutt@saintleo.edu," added Nelson.

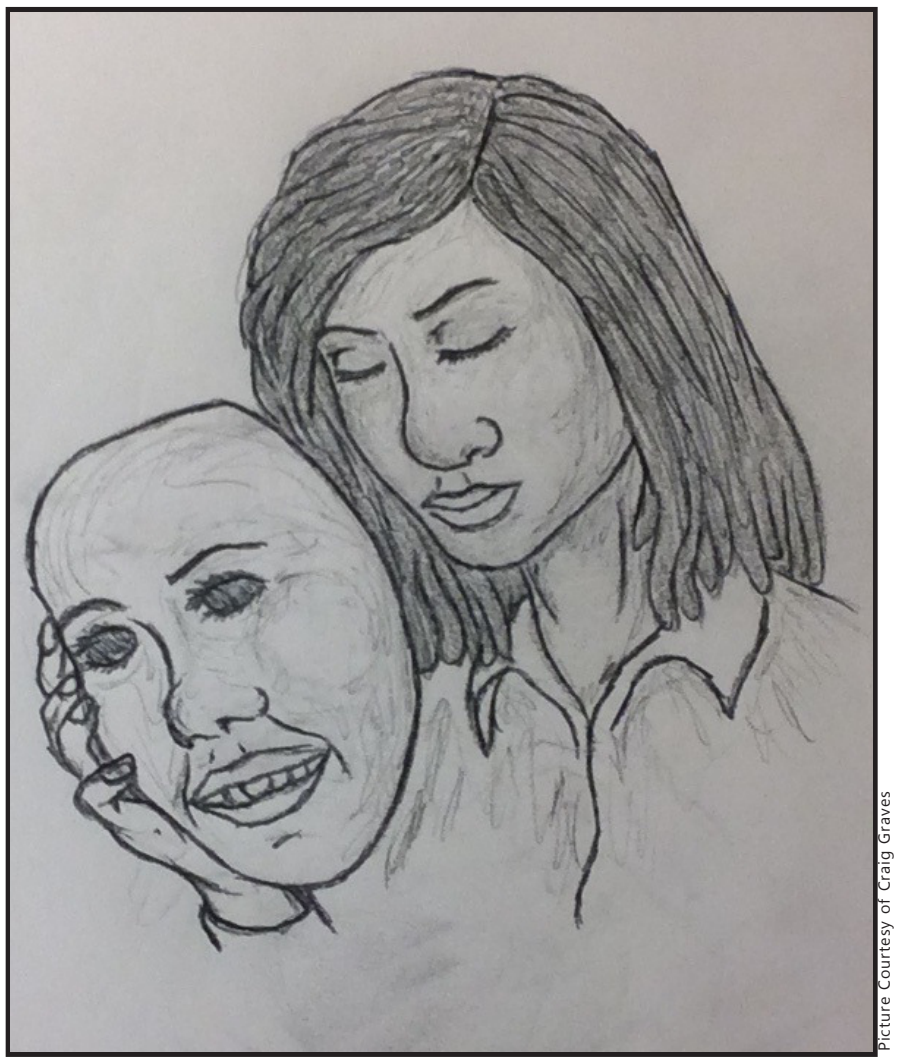
The Day of Unity themes of mourning the deaths of the fallen victims of domestic violence, celebrating the ones that have survived, and connecting advocates of ending domestic violence continue to serve as primary focuses of Domestic Violence Awareness Month activities and events to this day. October of 1987 was a crucial time for some of the first impactful attempts at combating domestic violence. During this time, the very first Domestic Violence Awareness Month was celebrated and the first domestic violence national toll-free hotline was created.

Then, in 1989, Congress passed legislation specifically designating October of that year as National Domestic Violence Awareness Month. That same legislation has passed every single year since with the National Coalition Against Domestic Violence (NCADV) spearheading their continued efforts.

For updates on and information regarding DVAM and domestic violence in general, you can follow the National Coalition Against Domestic Violence on Twitter; their handle is @NCADV. Additionally, to learn more about people's personal encounters with domestic violence and to keep up with their allies that work hard to end this issue, you can follow the National Network to End Domestic Violence; their handle is @NNEDV.

There should be absolutely no shame or fear in talking to someone and getting help when in comes to life being in danger of domestic violence. This sentiment is obviously easier said than done, as there certainly is an incredible amount of fear and worry that comes along with seeking help in many cases; however, in the end, it *is* possible to be saved from threats and acts of domestic violence. The help available to be received will be worth it, as the advocates of ending domestic violence work tirelessly to help victims affected by this hateful crime.

Absolutely no one deserves physical abuse from his or her partner because "love shouldn't hurt," as advocates for fighting and ending domestic violence say in promotion of their campaign.



Picture Courtesy of Craig Graves

Many victims of domestic violence or abuse try to cover up or hide these issues. Some are able to hide it well while others are not.

Arts & Entertainment

Top 10 Favorite Music Genres on Campus

By Austin Chiavaroli
Staff Writer

Music has evolved since the beginning of man, changing throughout the years and molding into different styles, which eventually become music genres of their own. Today there are an abundance of music genres that help reflect a person's personality, the emotion he/she is feeling, or what his/her interests are. With the help of students on campus, a poll has been taken to find out what the student body this year's music tastes are.

10. Classical

While some students might hate to admit it, the classics will always be the greats in music history and can be relaxing. Instruments in classical music are a mixture of different instrument families of brass, string, woodwind, and percussion. However, not all classical music is orchestral; some of it is focused on a singular instrument like the piano or violin. Some traditional artists are: "Mozart," "Bach," "Beethoven," and "Vivaldi."

9. Reggae

Back in the 1960's and 1970's, illegal drug use was a major issue, the war in Vietnam was being fought by the US, and racial controversy was still lingering. Out of all this hate and war a new genre was originated around Jamaica, it became known as Reggae. With its calypso (Afro-Carribean) music and background in the Rasta movement, this genre of music involved the use of drums, electric guitars, bass, and sometimes keyboards. Reggae music is based around marijuana use, racial issues, peace and love, and has become a major hit in America and the Caribbean. Some Reggae bands to check out are: "Bob Marley and the Wailers," "Dennis Brown," "Peter Tosh," and "Gregory Isaacs."

8. Psychedelic Rock

This subgenre of Rock was created to coincide with the effects of drug use in the mid 1960's. While this music was created for psychedelic drug trips, the songs created from it are still fascinating to listen to drug free. The music is technologically changed so that the sounds give off an effect that makes the music wavy or as some say, "trippy." Most songs in this genre are based around drugs, but some bands focused more on world issues, love, and racial issues back in that decade. While the genre hasn't gained too many new bands, the old ones have stayed around for decades. Some psychedelic band favorites are: "Pink Floyd," "The Beatles," "The Doors," and "The Jimi Hendrix Experience."

7. House

House music is normally played at a club to get people dancing. DJ's use synthesizers and beat machines with technological influences mixed in, the outcome being very futuristic music. With little to no lyrics, House music is more focused on smooth and catchy repetitive beats and have a mixture of electric techno soundtracks. Some dancing favorite house artists are: "Daft Punk," "Deadmau5," "David Guetta," and "Porter Robinson."

6. Heavy Metal

Turning the volume all the way up, heavy metal bands make everything they perform loud and powerful to the listener. Metal bands generally consist of a drummer, bassist, rhythm and lead guitars, and singer. These bands use heavy bass and drums, a galloping rhythm guitar, and screeching electric guitars and lyrics. The lyrics are generally focused around world issues, war, sex, drugs, and sometimes folklore. Singers of these bands have to have vocals loud enough to scream over the loud instruments. Some Heavy Metal favorites of this subgenre are: "Metallica," "Black Sabbath," "Five Finger Death Punch," and "Iron Maiden."

5. Pop

The term "Pop" is actually short for "popular," due to the accessibility of the music, and how it is radio friendly. "Pop" has beats that have elements of both dance and funk music. Many Pop artists today are singers that use electric beats, but in the past, a multitude of Pop singers used instruments in the background or sometimes even played one themselves. The lyrics in songs from this genre are normally about romance, breakups, or world issues. Some pop artists to give a listen too are: "Michael Jackson," "Taylor Swift," "Rhianna," and "Beyonce."

4. Dubstep

Also from the 1990's, this genre of music didn't become popular until recently when artists in the genre made their music marketable and widely heard. Now Dubstep has made its way into some other genres like hip-hop and even rock, and it's gaining new artists every year. With harsh beats, little to no lyrics, and a loud bass line that will wobble off and on, which inspired the phrase normally shouted at a Dubstep DJ, "Drop the bass." This music is found mostly in clubs and isn't on regular radio stations, though on XM radio there are a couple of stations. Some popular remixing artists of this genre include: "Skrillex," "Modestep," "Flux Pavilion," and "Zomboy."

3. Grunge

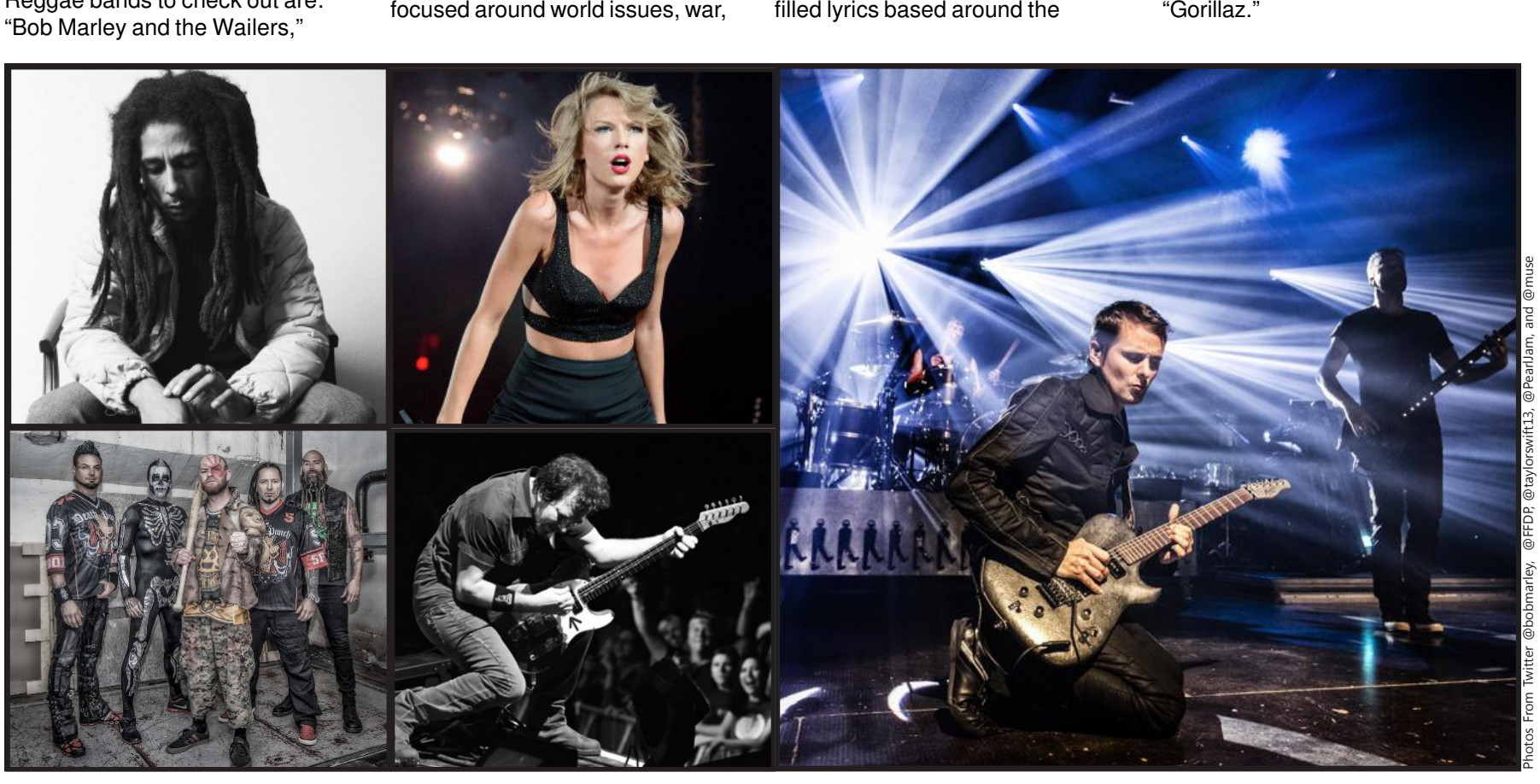
This subgenre of Rock became a major fascination in the early years of the 1990's. With angst-filled lyrics based around the teenage rebellion, drugs, social separation and depression, this music has become a powerful wave a music for teenagers and college students. With the normal instruments of a rock band, being electric guitars, drums, bass', and keyboards, grunge bands highly distort the music and create scratchy feedback. Some memorable bands in this subgenre are: "Nirvana," "Pearl Jam," "Soundgarden," and "Alice in Chains."

2. Hip-Hop/Rap

While many people interchange "Hip-Hop" with "Rap" music, rap is actually a type of style of Hip Hop. With strong beats and quick rhymes, the lyrics from the songs of this genre normally focus around world, gang, drug, and sexual issues or pleasures. However, there are some hip-hop singers who focus more on other topics and have more singers join in. While music from this genre today has technologically made beats in the background, some artists use instruments such as trumpets, guitars, and keyboards. Some of the most famous artists from this genre include: "Eminem," "Snoop Dogg," "Wu Tang Clan," and "Jay-Z."

1. Alternative Rock

With the genre of rock being large, it's no wonder that one of the subgenres has made it too number one. Most Alternative Rock, or "Alt Rock," is mainstream rock that can be heard on the radio, but some is more underground and explicit. Lyrics of these songs are normally defiant or rebellious, but not as abrasive as Punk Rock. Distorted electric guitars, drums, keyboards, and basses are normally the instruments played in the bands from this genre. Some fan favorite alternative bands are: "Linkin Park," "MUSE," "Green Day," and "Gorillaz."



Photos From Twitter @bobmarley, @FFDP, @taylorswift13, @PearlJam, and @muse

Arts & Entertainment

An Unfortunate End For This 007

By Annie Hays
Layout Editor
Arts & Entertainment Editor

Photo From Twitter @007

James Bond blends in during the Dia de los Muetros Festival before he searches for Marco Sciarra.

The latest installment in the James Bond franchise, and the final Bond film starring Daniel Craig, did not live up to its predecessor, "Skyfall." Directed by Sam Mendes, the film was filled with signature Bond action scenes and of course a beautiful love interest, but everything else was completely forgettable. "Spectre's" plot was hard to follow, and it felt like the acting was subdued.

The movie begins with James Bond investigating a criminal organization in Mexico City during the Dia de Los Muertos celebration. Because a massive explosion destroys one city block, Bond is ordered by the new M (Ralph Fiennes), the head of the Double O program, to stay in London. However, the previous M (Judy Dench) told Bond in a posthumous video to kill a man named Marco Sciarra (Alessandro Cremona), and though Bond accomplishes that, he has to discover what organization Sciarra worked for.

Bond later learns that this organization is called Spectre. It is orchestrating terror attacks to convince developed countries to adopt a global security system that would make the Double O program obsolete. Together with this installment's "Bond girl" Dr. Madeline Swann (Lea Seydoux), Bond must find the head of Spectre and stop him from taking over the developed world.

The plot for this movie was not clearly articulated, which made it very difficult to follow. Because of this, almost none of the expository scenes are memorable. The action scenes were typical 007 fair with explosions, car chases, and a fight inside a helicopter. They were adrenaline filled, but not very original.

Besides a lackluster plot, another issue with the movie is how the usual monster-like-henchman found in each Bond film is picked off very quickly. Mr. Hinx (Dave Bautista) and his metal thumbnails made an impressive entrance into the movie, but Bond disposes of him long before the end of the movie. It feels like a real waste to cast a six time WWE World Heavyweight Champion for what turned out to be a minor role.

While Bond films are obviously not supposed to be realistic, a major problem in the film is how Bond seems to come out of all his fights almost completely unscathed. There are several scenes in which Bond is seriously beaten, but he never gets a black eye, broken bone, or seemingly any other injuries except some scratches. Considering in the last film Bond was shot and was nearly too old to do his job, he seems to be nearly invincible in this film.

Like "Skyfall," "Spectre" pays homage to previous Bond films. Fans of the franchise will recognize the evil Spectre organization, a certain white, fluffy cat, a scarred villain with an Eastern European accent, and Bond's signature grey Aston Martin. However, unlike in "Skyfall," these references feel a bit forced as opposed to light-hearted nods to the previous movies.

The cinematography was the high point of the film. Nearly every scene was beautifully shot. All of the scenes from the Dia de Los Muertos festival were full of extras in spot-on costuming. Most scenes where the characters were walking outside made them feel very small, which fit the theme of how a small spy organization is about to be swallowed up by a global threat.

"Spectre" simply did not live up to other James Bond films in the franchise. The lackluster plot and other issues should be attributed to the director, as the returning actors have proven that they can do better than this when given more to work with. Unfortunately, Daniel Craig's last Bond film gets a 2.5/5, but in his previous films, Craig has proven himself to be one of the best Bonds in the franchise.

Photo From Twitter @007

Bond promises Dr. Swann's father that he will protect her no matter what, even if it means chasing Mr. Hinx through the Alps.

Sports

Saint Leo University Surges to Nationals

By Matt Vandenburgh
Sports Editor

The Saint Leo Lions men's and women's cross country teams cruised through the NCAA Division II Cross Country South Regional Championships on Nov. 7, with both teams qualifying for the National Championships on Nov. 21, in Joplin, Missouri. The men's team finished first, winning their first Regional Championship in the University's history. The women's team finished second, with Sophomore Colett Rampf finishing in first place in the individual race.

This is the third straight year the men's team has qualified for the National Championships, and Kent Reiber, head coach of the Lions, expressed his pride in the team.

"Wow… we've been thinking about this moment all season, and to finally say that these young men are regional champions is awesome," Reiber told saintleolions.com.

With the new Division II rankings to be released on Nov. 11, the Lions should see a rise in the rankings, having been unranked in the previous rankings, released on Oct. 28. As they were the top team in the South region, they should do well in the national championships.

For the women, a second place finish to the University of Tampa cinches their second straight trip to the National Championships. It was also the second consecutive year the Lady Lions ended the Regionals in second place.

Rampf, coming off of her individual victory at the Sunshine State Conference Championships, finished the women's 6K run in a time of 21:41.66, almost 21 seconds ahead of the second place runner.

The team finished better than their regional rankings projected, as they were ranked third in the South region, after being dropped from the top spot in the previous rankings.

"Coming in second two years in a row is a great achievement for our ladies, and we're excited with the way they executed our race strategies. We're looking forward to improving on our finish from last year's national championship, and competing against some of the best schools in the country." Coach Reiber told saintleolions.com.

While also unranked in the NCAA rankings, expect Rampf to again compete for a top finish in the National Championships.

What's especially exciting in the women's run to the Nationals is how the team only has one senior, Kylie Fagan, which means the team gets to mostly stay together, and continue to grow and push for further accomplishments.

Scores This Week

M Soccer

11/06: W 2-1 Vs. Lynn

11/08: L 2-0 Vs Rollins

W Soccer

11/03: L 1-1 (5-4 PK) @ Tampa

M Cross Country

11/07: 1st of 14 Teams
NCAA DII South Regional Championships

W Cross Country

11/07: 2nd of 15 Teams
NCAA DII South Regional Championships

W Volleyball

11/03: W 3-1 @ Florida Tech

11/06: L 3-2 @ #19 Fla. Southern

Photo Courtesy of Matt Vandenburgh

The men's team defeated 13 other teams, as well as the unseasonably high temperatures, to win their first Regional Championship.

Photo Courtesy of Matt Vandenburgh

After winning the individual conference and regional titles, Colett Rampf will seek to finish off her dominant season with a win at the National Championships on Nov. 21 in Joplin, Missouri.

Lions Fall Short in Conference Tournament

By Chad Marino
Contributing Writer

Saint Leo University, and University Soccer stadium played host to the Sunshine State Conference Championship tournament. The Lions received home field advantage for the tournament thanks to their regular season Conference championship. When the Lions faced off against four seed Lynn at 7p.m on Nov. 6, conditions for the game were humid and wet. Rain was on and off throughout the match, but had little bearing on the player's traction.

Saint Leo took early control of the match dominating time of possession, and scoring chances. Lynn outshoot Saint Leo 10 to 4, but many of those opportunities were easily kept away by Saint Leo freshman goalkeeper James White.

Saint Leo got on the scoreboard in the 22' with a goal by junior Brandon Rivera as he streaked towards the far post for the header. The goal came off a throw in from senior Matt Campbell that was directed towards Rivera from fellow freshman Teddy Auyoma. Saint Leo's time of possession dominance continued through the first half.

As play started back up it was clear Lynn made a concerted effort to attack the net, in an attempt to even the match. Great scoring chances for Lynn early in the 2nd were stymied by the tremendous play of White.

As Lynn's scoring opportunities continued, the Lions defense stayed stout and fought to keep the one nil lead. Just as it seemed Saint Leo was content with letting the defense bring home the match, Rivera struck again. This goal by Rivera in the 82' was a tremendous individual effort, Rivera weaved his way between three Lynn defenders before finessing the ball past the Lynn keeper.

The importance of Rivera's second goal proved vital as Lynn junior Bernard Eilers scored just two minutes later in the 83'. Eilers goal made the final moments of the game very interesting, and stressful for Saint Leo faithful. Saint Leo's defense rose to the occasion, not giving an inch as they killed out the last six minutes of play.

The 2-1 victory for the Lions put them in the championship game versus 3 seed Rollins, who upset Tampa in the other semifinal match.

After a feeling out process in the early stages of the match, Rollins struck first in the 14' as freshman Johnny Nartowicz headed the ball into an open Saint Leo net, the goal coming off a set piece corner delivered by junior Taylor Cook.

The remainder of the first half consisted of quality scoring opportunities for the Tars, fortunately for the Lions they were able to keep the deficit at one going into the break.

Despite their deficit the Saint Leo seemed to play laid back, there was no urgency on the part of the Lions. On the contrary Rollins was not content with their one goal lead, and continued to attack the net with ferocity. Rollins mentality proved fortuitous as they scored for the second time on a corner kick in the 58'. This time senior Brett Durrance was the beneficiary of Cook's second assist.

Saint Leo made some important subs late in the match which generated a flurry of scoring opportunities for the Lions in the final moments, but it ultimately proved too little, too late as Rollins escaped with the 2-0 victory and the SSC tournament championship.

Despite the loss, Saint Leo had a strong resume for the national tournament. On Nov. 9, the Lions discovered they had earned a 3 seed into that National Tournament. Interestingly, the Lions will face off against none other than the Rollins Tars. Saint Leo will be looking to exact revenge on the Tars who have had the Lions number of late, Saint Leo is 1-9-1 in their last 11 meetings. We'll see if the third time's the charm as the Lions make a push for a national title.